

Council Bluffs Community School District

Judy Dittmar, R.D.

jdittmar@cbcsd.org

712-328-6420

Demographics

- Population of CB approx. 62,000
- District in program since inception approx. 2001
- I serve 7 schools, totaling about 68 classrooms each month (K,1,3), Oct-May
- Summer programming past 2 years (6 weeks)
- Hispanic is primary non-white ethnicity

Food Safety

- Source food from approved vendor or know the rules about serving food from local gardens.
- Prep food in institutional kitchen, if possible.
- Do not prep or store food at your home if you are feeding it to students.
- Assure that your storage refrigerator for produce is between 33 and 40 degrees F.
- Assure that the food that are hauling around is used within 4 hours, or you need to discard if it's been out of the approved temp. range.
- Sanitize the inside of your cooler at the end of the day.

Equipment Sanitation/Safety

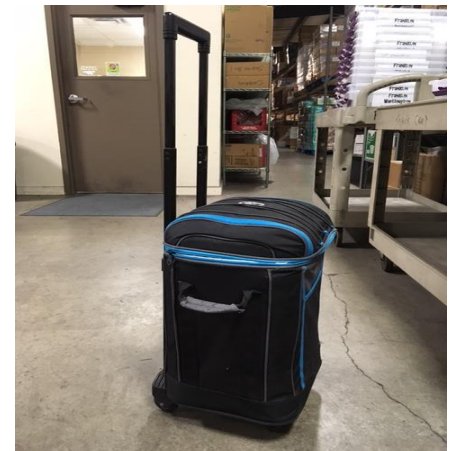


Classroom Food Safety

- Wash/use hand sanitizer prior to serving/eating.
- Eat at tables, not on floor.
- Consider washing tables.....ewwwww.
- Wear gloves for serving and demos.
- Pull your hair back if you have long hair when you are prepping and serving in classroom.
- Wear hairnet or hat if prepping in kitchen, with hair pulled back.
- Use safest knives possible for accomplishing your task when doing a demo.
- Sanitize cutting boards between use, or cover with foil and discard each time.
- Wash equipment between classes, or use fresh equipment.
- Remind students not to share or trade food
- If you have been gardening with kids, wear apron or change clothes before prepping /serving food.

To maximize freshness and flavor....

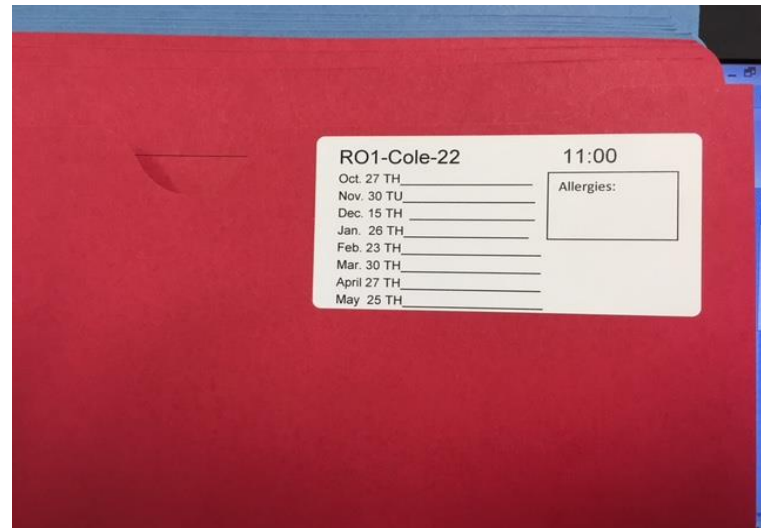
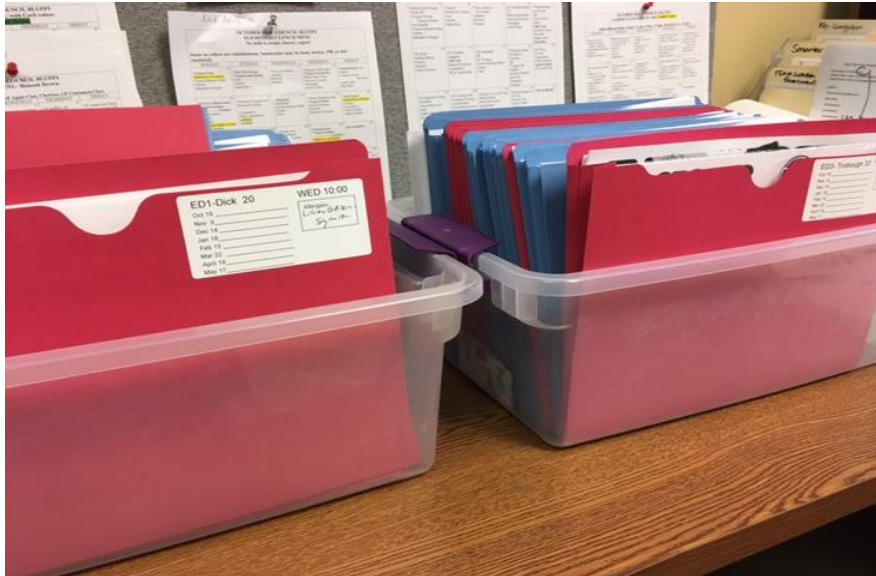
- Insulated cooler with ice.



Allergies

- Ask school nurse or health professional.
- Ask teacher.
- If you ask students, do so **before** telling them what you are going to sample!
- Carry an alternative, such as a pack of graham crackers, so child doesn't feel left out with no snack.
- Think about cross-contamination risk if you have had peanut butter.

Class Folders



***When planning and executing
program, think about sanitation
safety of:***

Food

Equipment

Self

Student

Classroom

Judy Dittmar, R.D.
jdittmar@cbcsd.org
712-328-6420